

Mildenhall &amp; District Swimming Club

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Female 800m Freestyle**

**Event 101 Girls 12 & Under 800 SC Meter Freestyle**

		<b>Champ: 11:26.32 R 2007 Libby Milne</b>		<b>Bussen &amp; Parkin</b>	
	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Sasha Welbourn	12	Mildenhall & District SC	13:00.72	11:55.13
2	Hollie Myers	12	Mildenhall & District SC	NT	12:23.40
3	Karah Boisvert	12	Mildenhall & District SC	NT	12:32.91
4	Zoë Jones	11	Mildenhall & District SC	13:45.27	13:08.61
5	Molly Harvey	11	Mildenhall & District SC	NT	13:10.35

**Event 101 Girls 13 & Over 800 SC Meter Freestyle**

		<b>Champ: 10:18.39 R 1988 Karen Robinson</b>		<b>Snushall Trophy</b>	
	<b>Name</b>	<b>Age</b>	<b>Team</b>	<b>Seed Time</b>	<b>Finals Time</b>
1	Hailey Myers	14	Mildenhall & District SC	NT	11:54.15
2	Gemma Welbourn	15	Mildenhall & District SC	12:19.19	11:57.00
3	Maria Buckles	13	Mildenhall & District SC	12:29.06	11:57.63
4	Ashleigh Harris-Harvey	13	Mildenhall & District SC	NT	12:05.25
5	Jennifer Wood	13	Mildenhall & District SC	13:10.25	12:48.47
6	Jemma Garry	17	Mildenhall & District SC	13:09.31	13:31.41

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**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Male 200m Butterfly**

**Event 102 Boys 12 & Under 200 SC Meter Butterfly**

Champ: 3:08.91 R 2009		Ben Delgado		M&DSC	
Name	Age	Team	Seed Time	Finals Time	
1 Jay Carter	12	Mildenhall & District SC	3:23.22	3:30.63	
2 Kane Buckles	11	Mildenhall & District SC	4:08.07	3:36.44	

**Event 102 Boys 13 & Over 200 SC Meter Butterfly**

Champ: 2:21.92 R 2008		Matthew Jones		Robinson Trophy	
Name	Age	Team	Seed Time	Finals Time	
1 Nathan Boisvert	17	Mildenhall & District SC	NT	2:52.19	
2 Sam Buckles	16	Mildenhall & District SC	3:01.67	3:05.62	
3 Rob Garry	52	Mildenhall & District SC	4:37.03	4:48.37	
--- John Browne	58	Mildenhall & District SC	NT	DNF	

10.2 A swimmer did not cover the whole distance – DNF

Mildenhall &amp; District Swimming Club

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Female 200m Butterfly**

**Event 103 Girls 12 & Under 200 SC Meter Butterfly**

Champ: 3:00.61 R 2011		Jordanne Sillitoe		M&DSC	
Name	Age	Team	Seed Time	Finals Time	
1 Karah Boisvert	12	Mildenhall & District SC	NT	3:27.75	
2 Hollie Myers	12	Mildenhall & District SC	NT	3:27.82	
3 Sasha Welbourn	12	Mildenhall & District SC	4:01.19	3:41.31	
4 Molly Harvey	11	Mildenhall & District SC	NT	3:50.12	
5 Elizabeth Acheson	11	Mildenhall & District SC	NT	4:20.91	

**Event 103 Girls 13 & Over 200 SC Meter Butterfly**

Champ: 2:40.62 R 2015		Jordanne Sillitoe		Robinson Trophy	
Name	Age	Team	Seed Time	Finals Time	
1 Hailey Myers	14	Mildenhall & District SC	NT	3:22.06	
2 Gemma Welbourn	15	Mildenhall & District SC	3:46.25	3:24.62	
3 Jennifer Wood	13	Mildenhall & District SC	3:40.55	3:31.60	
4 Ashleigh Harris-Harvey	13	Mildenhall & District SC	4:31.82	3:34.37	
5 Maria Buckles	13	Mildenhall & District SC	3:49.69	3:38.50	
6 Arriana Chipchase	14	Mildenhall & District SC	3:57.91	3:54.00	
7 Jemma Garry	17	Mildenhall & District SC	3:58.00	4:07.94	

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Male 1500m Freestyle**

**Event 104 Boys 12 & Under 1500 SC Meter Freestyle**

Champ: 21:23.34 R 2009		Ben Jamieson		Aquarius Trophy	
Name	Age	Team	Seed Time	Finals Time	
1 Jay Carter	12	Mildenhall & District SC	24:04.82	22:33.66	
2 Kane Buckles	11	Mildenhall & District SC	25:54.85	24:18.81	

**Event 104 Boys 13 & Over 1500 SC Meter Freestyle**

Champ: 18:05.28 R 2006		Adam Jamieson		Dr Harben Cup	
Name	Age	Team	Seed Time	Finals Time	
1 Nathan Boisvert	17	Mildenhall & District SC	21:50.55	20:42.50	
2 Sam Buckles	16	Mildenhall & District SC	22:46.29	20:43.08	
3 Rob Garry	52	Mildenhall & District SC	27:27.77	28:29.90	
4 James Garry	14	Mildenhall & District SC	42:00.61	40:16.56	

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**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Female 200m Backstroke**

**Event 105 Girls 12 & Under 200 SC Meter Backstroke**

Champ: 2:37.39 R 2009		Alaina Scifo		M&DSC	
Name	Age	Team	Seed Time	Finals Time	
1 Hollie Myers	12	Mildenhall & District SC	NT	3:06.94	
2 Karah Boisvert	12	Mildenhall & District SC	3:08.34	3:08.13	
3 Molly Harvey	11	Mildenhall & District SC	NT	3:10.53	
4 Sasha Welbourn	12	Mildenhall & District SC	3:16.58	3:11.18	
5 Megan Stuart	10	Mildenhall & District SC	NT	3:13.75	
6 Zoë Jones	11	Mildenhall & District SC	3:16.80	3:17.37	
7 Elizabeth Acheson	11	Mildenhall & District SC	3:46.03	3:52.82	

**Event 105 Girls 13 & Over 200 SC Meter Backstroke**

Champ: 2:34.36 R 2008		Meagan Searle		Marsh Trophy	
Name	Age	Team	Seed Time	Finals Time	
1 Ffion Lewis-Dimmock	15	Mildenhall & District SC	2:42.17	2:45.59	
2 Jennifer Wood	13	Mildenhall & District SC	3:05.56	3:04.13	
3 Gemma Welbourn	15	Mildenhall & District SC	3:10.58	3:05.47	
4 Sophie Almond	14	Mildenhall & District SC	3:08.28	3:05.52	
5 Maria Buckles	13	Mildenhall & District SC	3:11.96	3:10.59	
6 Lucy Ransley	13	Mildenhall & District SC	3:26.81	3:18.18	
7 Jemma Garry	17	Mildenhall & District SC	3:17.52	3:34.57	
8 Jeannie Morley	60	Mildenhall & District SC	3:57.56	4:06.13	

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**Results - Male 200m Backstroke**

**Event 106 Boys 12 & Under 200 SC Meter Backstroke**

Champ: 2:52.00 R 2009		Dominic Scifo		M&DSC	
Name	Age	Team	Seed Time	Finals Time	
1 Jay Carter	12	Mildenhall & District SC	3:01.66	3:04.57	
2 Kane Buckles	11	Mildenhall & District SC	3:11.04	3:08.75	
3 Max Pryke	9	Mildenhall & District SC	3:39.58	3:28.06	
4 Kyle Austin	11	Mildenhall & District SC	NT	3:30.12	
5 James Peck	12	Mildenhall & District SC	NT	3:37.03	
6 Jack Peacock	12	Mildenhall & District SC	NT	3:37.07	
7 Noland Miller	12	Mildenhall & District SC	NT	3:41.84	
8 Gabe Young	11	Mildenhall & District SC	NT	4:31.07	

**Event 106 Boys 13 & Over 200 SC Meter Backstroke**

Champ: 2:18.10 R 2014		Ben Jamieson		Leonard Shield	
Name	Age	Team	Seed Time	Finals Time	
1 Ben Wicks	17	Mildenhall & District SC	2:26.51	2:29.46	
2 Nathan Boisvert	17	Mildenhall & District SC	NT	2:49.68	
3 Sam Buckles	16	Mildenhall & District SC	2:54.50	2:52.96	
4 Harry Oliver	13	Mildenhall & District SC	3:43.16	3:03.00	
5 Max Airey	13	Mildenhall & District SC	3:22.25	3:08.03	
6 Callum Bond	13	Mildenhall & District SC	3:57.10	3:11.59	
7 Rob Garry	52	Mildenhall & District SC	3:40.20	3:47.75	
8 James Garry	14	Mildenhall & District SC	4:41.22	4:48.71	

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Male 800m Freestyle**

**Event 107 Girls 12 & Under 1500 SC Meter Freestyle****Champ: 20:54.84 R 2008****Anica Midthun****Aquarius Trophy**

Name	Age	Team	Seed Time	Finals Time
1 Hollie Myers	12	Mildenhall & District SC	NT	23:41.46
2 Karah Boisvert	12	Mildenhall & District SC	NT	23:46.44
3 Sasha Welbourn	12	Mildenhall & District SC	25:16.88	23:48.90
4 Zoë Jones	11	Mildenhall & District SC	27:03.68	24:55.06

**Event 107 Girls 13 & Over 1500 SC Meter Freestyle****Champ: 20:05.09 R 1995****Lynne Jones****Logan Trophy**

Name	Age	Team	Seed Time	Finals Time
1 Emily Stuart	15	Mildenhall & District SC	NT	22:42.43
2 Hailey Myers	14	Mildenhall & District SC	NT	22:53.69
3 Maria Buckles	13	Mildenhall & District SC	23:43.72	23:32.44
4 Jemma Garry	17	Mildenhall & District SC	25:08.66	25:56.43
5 Jeannie Morley	60	Mildenhall & District SC	29:28.96	30:34.00
--- Gemma Welbourn	15	Mildenhall & District SC	23:43.56	DQ

10.2 A swimmer did not cover the whole distance – DNF

Mildenhall &amp; District Swimming Club

**Long Distance Club Championships - 2016**  
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**Results - Male 800m Freestyle**

**Event 108 Boys 12 & Under 800 SC Meter Freestyle****Champ: 11:19.98 R 2009****Ben Delgado****M&DSC**

Name	Age	Team	Seed Time	Finals Time
1 Jay Carter	12	Mildenhall & District SC	12:17.59	12:09.50
2 Kane Buckles	11	Mildenhall & District SC	13:57.62	12:33.93
3 James Peck	12	Mildenhall & District SC	NT	13:10.88
4 Kyle Austin	11	Mildenhall & District SC	NT	15:50.13

**Event 108 Boys 13 & Over 800 SC Meter Freestyle****Champ: 9:17.51 R 2006****Adam Jamieson****Morleyhire Cup**

Name	Age	Team	Seed Time	Finals Time
1 Sam Buckles	16	Mildenhall & District SC	10:59.93	10:35.87
2 Nathan Boisvert	17	Mildenhall & District SC	NT	10:36.34
3 Rob Garry	52	Mildenhall & District SC	14:04.48	14:09.73



Mildenhall &amp; District Swimming Club

**Long Distance Club Championships - 2016**  
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**Results - Female 200m Breaststroke**

**Event 109 Girls 12 & Under 200 SC Meter Breaststroke****Champ: 3:16.29 R 2011****Jordanne Sillitoe****M&DSC**

Name	Age	Team	Seed Time	Finals Time
1 Hollie Myers	12	Mildenhall & District SC	3:38.21	3:35.31
2 Sasha Welbourn	12	Mildenhall & District SC	3:52.44	3:37.62
3 Molly Harvey	11	Mildenhall & District SC	3:42.75	3:37.78
4 Elizabeth Acheson	11	Mildenhall & District SC	3:58.35	4:00.75
5 Erin Stannard	10	Mildenhall & District SC	4:21.20	4:12.75
6 Danielle Borowski	9	Mildenhall & District SC	NT	4:35.31

**Event 109 Girls 13 & Over 200 SC Meter Breaststroke****Champ: 2:52.10 R 1981****Lisa Hannem****G Hannem Shield**

Name	Age	Team	Seed Time	Finals Time
1 Ffion Lewis-Dimmock	15	Mildenhall & District SC	3:07.95	3:12.69
2 Gemma Welbourn	15	Mildenhall & District SC	3:31.80	3:23.58
3 Ashleigh Harris-Harvey	13	Mildenhall & District SC	3:37.78	3:31.66
4 Jennifer Wood	13	Mildenhall & District SC	3:47.41	3:39.81
5 Jemma Garry	17	Mildenhall & District SC	3:41.67	3:39.82
6 Lucy Ransley	13	Mildenhall & District SC	3:38.60	3:42.35
7 Maria Buckles	13	Mildenhall & District SC	3:51.88	3:45.13
8 Kathryn Scally	39	Mildenhall & District SC	NT	4:09.12

**Long Distance Club Championships - 2016**  
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**Results - Male 200m Breaststroke**

**Event 110 Boys 12 & Under 200 SC Meter Breaststroke**

Champ: 3:19.25 R 2015		Leon Galler		M&DSC	
Name	Age	Team	Seed Time	Finals Time	
1 Jay Carter	12	Mildenhall & District SC	3:41.50	3:31.00	
2 Kane Buckles	11	Mildenhall & District SC	4:11.66	3:37.29	
3 James Peck	12	Mildenhall & District SC	4:03.66	4:00.93	
4 Kyle Austin	11	Mildenhall & District SC	4:04.78	4:06.94	
5 Luke Scally	12	Mildenhall & District SC	4:14.56	4:09.19	
6 Jack Peacock	12	Mildenhall & District SC	4:08.10	4:10.09	
7 Gabe Young	11	Mildenhall & District SC	NT	4:16.90	
8 Kaleb Borowski	12	Mildenhall & District SC	NT	4:59.66	
--- Max Pryke	9	Mildenhall & District SC	NT	DQ	
7.4 Head not breaking surface during each stroke cycle (except after start or turn)					

**Event 110 Boys 13 & Over 200 SC Meter Breaststroke**

Champ: 2:40.97 R 2013		Harry Wagner		Lions Trophy	
Name	Age	Team	Seed Time	Finals Time	
1 Ben Wicks	17	Mildenhall & District SC	2:47.09	2:50.28	
2 Nathan Boisvert	17	Mildenhall & District SC	3:13.81	3:05.09	
3 Sam Buckles	16	Mildenhall & District SC	3:16.45	3:12.62	
4 Max Airey	13	Mildenhall & District SC	3:27.28	3:17.19	
5 Harry Oliver	13	Mildenhall & District SC	3:39.06	3:35.62	
6 Rob Garry	52	Mildenhall & District SC	4:29.72	4:16.44	
7 John Browne	58	Mildenhall & District SC	4:03.42	4:22.34	
8 James Garry	14	Mildenhall & District SC	7:13.06	6:51.10	

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Female 200m Freestyle**

**Event 111 Girls 12 & Under 200 SC Meter Freestyle**

Champ: 2:33.29 R 2007

Libby Milne

M&amp;DSC

Name	Age	Team	Seed Time	Finals Time
1 Sasha Welbourn	12	Mildenhall & District SC	2:44.48	2:42.25
2 Molly Harvey	11	Mildenhall & District SC	3:12.25	2:49.35
3 Hollie Myers	12	Mildenhall & District SC	2:55.98	2:51.07
4 Megan Stuart	10	Mildenhall & District SC	3:05.21	2:52.88
5 Erin Stannard	10	Mildenhall & District SC	3:43.77	3:25.81
6 Danielle Borowski	9	Mildenhall & District SC	NT	3:40.97

**Event 111 Girls 13 & Over 200 SC Meter Freestyle**

Champ: 2:21.80 R 1981

Lisa Hannem

Sandon Cup

Name	Age	Team	Seed Time	Finals Time
1 Emily Stuart	15	Mildenhall & District SC	2:34.40	2:32.03
2 Ffion Lewis-Dimmock	15	Mildenhall & District SC	2:28.59	2:33.93
3 Hailey Myers	14	Mildenhall & District SC	2:39.12	2:37.93
4 Maria Buckles	13	Mildenhall & District SC	2:44.20	2:42.00
5 Gemma Welbourn	15	Mildenhall & District SC	2:37.93	2:43.16
6 Jennifer Wood	13	Mildenhall & District SC	2:58.32	2:52.53
7 Arriana Chipchase	14	Mildenhall & District SC	2:56.08	3:01.25
8 Lucy Ransley	13	Mildenhall & District SC	3:03.60	3:01.75
9 Jemma Garry	17	Mildenhall & District SC	2:56.62	3:12.68
10 Wendy Airey	46	Mildenhall & District SC	3:24.67	3:14.13
11 Jeannie Morley	60	Mildenhall & District SC	3:27.76	3:41.53

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Male 200m Freestyle**

**Event 112 Boys 12 & Under 200 SC Meter Freestyle**

Champ: 2:32.18 R 2009

Ben Jamieson

M&amp;DSC

Name	Age	Team	Seed Time	Finals Time
1 Jay Carter	12	Mildenhall & District SC	2:44.09	2:41.31
2 Kane Buckles	11	Mildenhall & District SC	2:42.21	2:48.60
3 James Peck	12	Mildenhall & District SC	3:18.75	2:58.57
4 Max Pryke	9	Mildenhall & District SC	NT	3:13.22
5 Jack Peacock	12	Mildenhall & District SC	3:34.00	3:16.25
6 Kaleb Borowski	12	Mildenhall & District SC	NT	3:26.81
7 Luke Scally	12	Mildenhall & District SC	4:02.78	3:49.66

**Event 112 Boys 13 & Over 200 SC Meter Freestyle**

Champ: 2:04.95 R 2008

Adam Jamieson

Jamieson Trophy

Name	Age	Team	Seed Time	Finals Time
1 Ben Wicks	17	Mildenhall & District SC	2:10.31	2:13.94
2 Sam Buckles	16	Mildenhall & District SC	2:22.68	2:30.28
3 Max Airey	13	Mildenhall & District SC	2:49.54	2:47.41
4 Callum Bond	13	Mildenhall & District SC	2:52.15	2:48.06
5 Rob Garry	52	Mildenhall & District SC	3:09.39	3:12.66
6 James Garry	14	Mildenhall & District SC	4:28.81	4:30.87

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Female 400m Freestyle**

**Event 113 Girls 12 & Under 400 SC Meter Freestyle**

Champ: 5:25.06 R 2007

Libby Milne

M&amp;DSC

Name	Age	Team	Seed Time	Finals Time
1 Sasha Welbourn	12	Mildenhall & District SC	6:09.50	5:48.41
2 Molly Harvey	11	Mildenhall & District SC	NT	6:05.55
3 Erin Stannard	10	Mildenhall & District SC	NT	7:12.32

**Event 113 Girls 13 & Over 400 SC Meter Freestyle**

Champ: 5:03.60 R 1981

Lisa Hannem

Wagner Textile S

Name	Age	Team	Seed Time	Finals Time
1 Maria Buckles	13	Mildenhall & District SC	6:02.07	5:53.68
2 Gemma Welbourn	15	Mildenhall & District SC	5:56.84	5:53.69
3 Sophie Almond	14	Mildenhall & District SC	5:52.93	5:56.72
4 Lucy Ransley	13	Mildenhall & District SC	7:03.69	6:23.44
5 Jemma Garry	17	Mildenhall & District SC	6:32.38	6:42.87
6 Wendy Airey	46	Mildenhall & District SC	NT	7:24.78
7 Jeannie Morley	60	Mildenhall & District SC	7:23.90	7:48.75

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Male 400m Freestyle**

**Event 114 Boys 12 & Under 400 SC Meter Freestyle**

Champ: 5:23.39 R 2007

Tom Russell

		M&DSC		
Name	Age	Team	Seed Time	Finals Time
1 Jay Carter	12	Mildenhall & District SC	6:08.38	5:46.62
2 Kane Buckles	11	Mildenhall & District SC	6:13.41	5:59.56
3 Kyle Austin	11	Mildenhall & District SC	NT	7:14.72
4 Luke Scally	12	Mildenhall & District SC	NT	8:22.07

**Event 114 Boys 13 & Over 400 SC Meter Freestyle**

Champ: 4:29.64 R 2008

Adam Jamieson

		Leonard Trophy		
Name	Age	Team	Seed Time	Finals Time
1 Sam Buckles	16	Mildenhall & District SC	5:09.22	5:20.04
2 Max Airey	13	Mildenhall & District SC	NT	5:56.04
3 Rob Garry	52	Mildenhall & District SC	6:41.56	6:49.32
4 James Garry	14	Mildenhall & District SC	9:14.03	9:33.25

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Female 400m IM**

**Event 115 Girls 12 & Under 400 SC Meter IM**

Champ: 5:42.61 R 2009		Alaina Scifo		M&DSC	
Name	Age	Team	Seed Time	Finals Time	
1 Sasha Welbourn	12	Mildenhall & District SC	7:07.56	6:51.59	
2 Zoë Jones	11	Mildenhall & District SC	NT	7:14.16	

**Event 115 Girls 13 & Over 400 SC Meter IM**

Champ: 5:46.47 R 2012		Grace Colasante		Wendy Read Trophy	
Name	Age	Team	Seed Time	Finals Time	
1 Gemma Welbourn	15	Mildenhall & District SC	6:50.50	6:28.75	
2 Jennifer Wood	13	Mildenhall & District SC	7:33.81	6:40.38	
3 Maria Buckles	13	Mildenhall & District SC	7:10.50	6:52.49	
4 Arriana Chipchase	14	Mildenhall & District SC	NT	7:36.69	
5 Jemma Garry	17	Mildenhall & District SC	7:19.00	7:45.25	

**Long Distance Club Championships - 2016**  
**4ER161521 to 4ER161530**  
**Results - Male 400m IM**

**Event 116 Boys 12 & Under 400 SC Meter IM**

Champ: 6:13.77 R 2009		Ben Delgado		M&DSC	
Name	Age	Team	Seed Time	Finals Time	
1 Jay Carter	12	Mildenhall & District SC	7:08.38	6:36.66	
2 Kane Buckles	11	Mildenhall & District SC	7:44.62	6:54.21	

**Event 116 Boys 13 & Over 400 SC Meter IM**

Champ: 5:02.09 R 2007		Adam Jamieson		Steve Molyneux Trophy	
Name	Age	Team	Seed Time	Finals Time	
1 Sam Buckles	16	Mildenhall & District SC	6:27.80	5:51.07	
2 Max Airey	13	Mildenhall & District SC	NT	6:34.70	
3 Rob Garry	52	Mildenhall & District SC	8:25.38	8:29.31	
4 James Garry	14	Mildenhall & District SC	12:38.41	12:28.09	